

# Country Lentil Soup

(page 179, Soups)

*This hearty soup can be satisfying for lunch or dinner. Soups made with legumes are sources of fiber.*

1 tbsp (15 mL)	vegetable oil
1 cup (250 mL)	diced onion
½ cup (125 mL)	diced carrot
½ cup (125 mL)	diced celery
4 cups (1 L)	vegetable or chicken broth
1 cup (250mL)	dried red lentils, well rinsed
¼ tsp (1mL)	dried thyme
	Salt and freshly ground pepper
½ cup (125 mL)	chopped fresh flat-leaf parsley

1. In a large saucepan, heat oil over medium heat. Sauté onion, carrot and celery until softened, about 5 minutes. Add broth, lentils and thyme; bring to a boil. Reduce heat, cover and simmer for 20 minutes or until lentils are soft. Remove from heat.
2. Working in batches, transfer soup to blender. Purée on high speed until creamy. Add up to 1 cup (250 mL) water if purée is too thick. Season with salt and pepper to taste. Return to saucepan to reheat, if necessary.
3. Ladle into bowls and garnish with parsley.

*This recipe courtesy of Eileen Campbell.*

Makes 8 servings

## Nutrients

PER SERVING

Calories 117; Fat 2 g; Carbohydrate 19 g; Fiber 4 g; Protein 4 g

## Healing Fatty Liver Disease



A Complete Health & Diet Guide  
Including 100 Recipes

Dr. Maitreyi Raman, MD, MSc, FRCP,  
Angela Sirounis, BSc, RD, & Jennifer Shrubsole, BSc, RD

## TIPS

If you prefer, when pureeing soups you can use an immersion blender and blend the soup right in the pot. This will save you some cleanup time, but the result will be less smooth.

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